

Kale Salad By: Eula Gonzales

It's my favorite salad. My go to, when I need something hearty and lite. The combination of Kale, beets and carrots, massaged with an apple cider vinegrette is delicious! Not to mention the fact that it holds up well, even after it's been dressed.

Kale is an amazing green. One cup of kale contains 33 calories, 9% of the daily value of calcium, 134% vitamin C, 206% vitamin A, and 684% vitamin K. Not to mention it's an excellent source of copper, iron, potassium, manganese and phosphorus. Wha, Wha, What! You say.

The beautiful and bold colored beet is a blessing in disguise. This root vegetable packs a powerful punch. Aside from being high in vitamins and minerals, they are a natural liver tonic that purify the blood and provide a high source of energy at a low calorie count. Pregnant women would benefit from adding beets to their diet, due to the high vitamin B and iron content which are needed for new cell growth.

Next on the line up is the anti-aging, cancer fighting carrot. Aside from the mentioned, carrots are a great antiseptic when applied topically to wounds. They also clean your teeth, scraping plaque and food particles away as you chew. Carrots also stimulate the gums and trigger the production of saliva, which is alkaline, and helps rid the mouth of cavity forming bacteria. Need I say more?

Make your own pH balancing apple cider vinaigrette, and you've got yourself a salad, folks!

Enjoy!

Kale Salad

1 bunch of local Kale (your choice, lacinato or green, de-stalked and chopped)
1 medium sized red beet, shredded
2 large carrots, shredded
Combine in a large bowl and toss well, or massage.

Apple Cider Vinaigrette

1 cup of olive oil
1/2 cup of apple cider vinegar
2 cloves of garlic, minced
1/2 cup of nutritional yeast
1 teaspoon of ground pepper (or to taste)
1 teaspoon of salt (or to taste)

Combine all ingredients in a small jar, shake vigorously till incorporated. Dress the salad and toss till well coated.